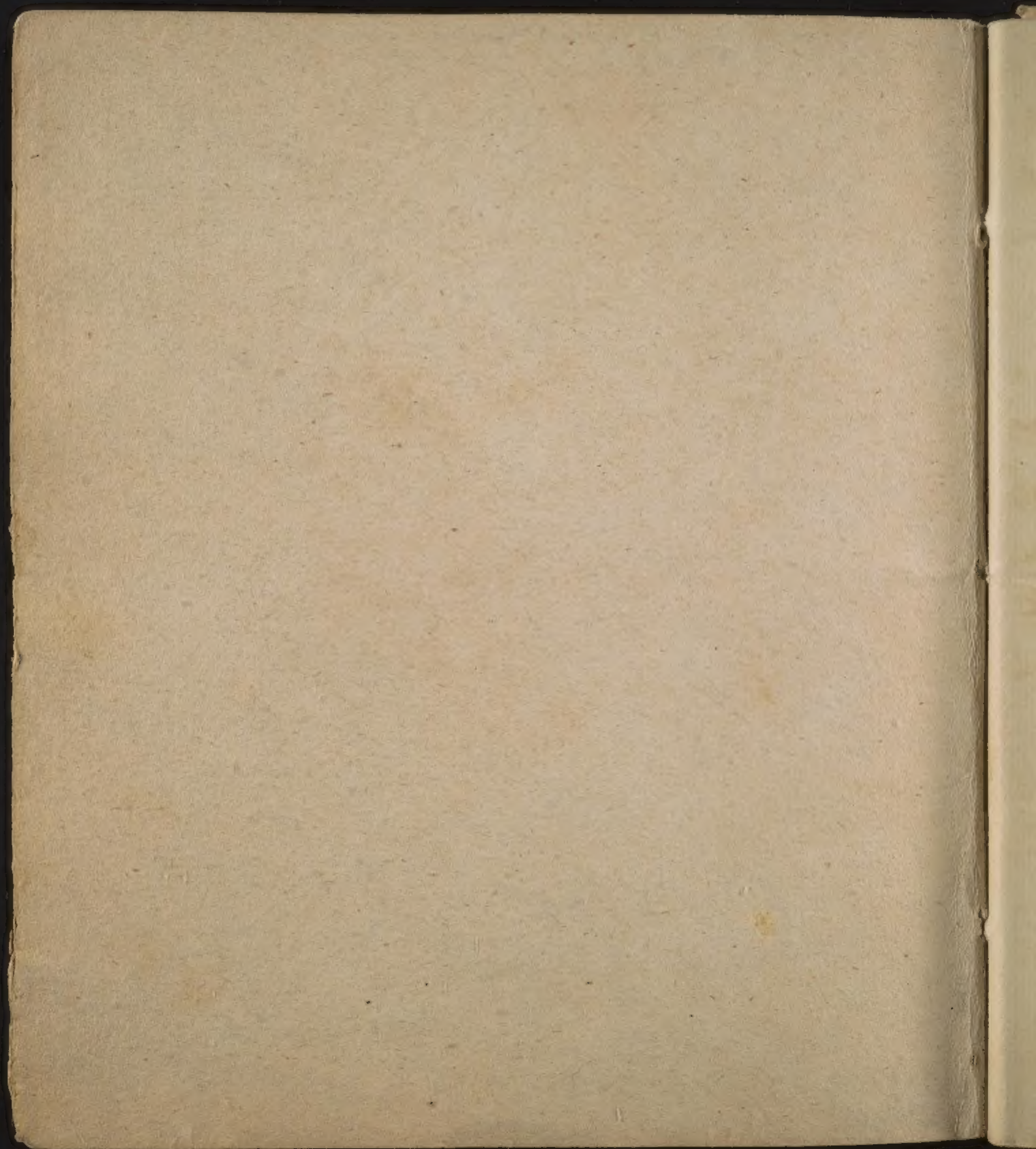


212
7397
F 18

19



Universal Appetite cont^d: 761
Generation & Conception 762
Parturition ————— 788.

There is another striking peculiarity in
the venereal appetite in which the goodness
& wisdom of heaven is displayed in an emi-
nent degree. I before remarked that it is
felt by man at every season of the year,
- ~~and~~ that the gratification of it is always follow-
ed by debility. ~~Now had~~ ~~the~~ ~~man~~ ~~like~~ ~~the~~ ~~brutes~~ ~~been~~
permitted to ^{enjoy} ~~as~~ ~~unlimited~~ ~~as~~ ~~the~~ ~~brutes~~
commence ⁱⁿ the female sex, he would ~~soon~~
have destroyed himself ~~in~~ in the course of
a few years, for Brutes suffer by their ~~promiscuous~~
~~connection~~ ^{promiscuous} connection ⁱⁿ their females, ~~but~~ ^{altho} the time
for that purpose be limited only to a few
weeks. Man is therefore wisely confined
to the possession & enjoyment of only one
woman - by which means he is ⁱⁿ no

~~A summary of the family of children~~ by means of the universal

V ~~Summary~~ This provision for continu-
 -ing ^{appetite} Animal life is not confined to the
 human species. It extends to every
 class and species of animals, and ⁱⁿ most
 of them the universal appetite acts w:
 much more force than in man.

The ~~to~~ horse - the bull - the Ram -
 and the bear all exhibit in the season
 of busy work of activity bounding
 upon enadnes. -

The amphibious animals seem
 to enjoy this pleasure in a higher degree
 than any other animals. The turtle
 remains in a close connection with
 its female for 3 or 4 days - and the

Danger of committing an excess in his
indulgence of venereal pleasures - for in
this case - Appetite - and excitement are
always annexed together - whereas in
a general ~~excess~~ ^{communion} with the sex, Appetite
- like would be roused by every fresh object,
without such a corresponding excitement
as would enable the system to bear ~~the~~ ^{the}
effects ^{of its} ~~of that~~ gratification. =

= ^{reading} In the history of generation by Dr. Harvey J.
was much struck in observing that all the
Vices and all the Virtues discovered ~~by Dr. Harvey~~
sexual intercourse of the
male and female of the human species ~~in the~~
are discovered by ~~Dr. Harvey~~ ^{different} ~~Dr. Harvey~~
Animals. The Stallion and the Cock delight in
polygamy, or a plurality of mates - the she
wolf admits an indefinite number of males
to her embraces. It was upon this account
a brothel was called in ancient Rome ^{sometimes} ~~Lupa~~
maria. The Cock commits rapes, ^{and when}
carries his sexual appetite to such ^{excess} ~~and goes as~~
to tear the feathers & even ^{to} wound the back of
the female by repeatedly treading her - several
animals of the same sex attempt venereal com-
munications with each other particularly Cows -
2 The Virtues of the sexual intercourse of the human
species are discovered in the partridge. Each male
confines himself to one female. The same
takes place with the Buck & the Doe. They ~~also~~
resemble the human species by ^{steadmore} ~~making~~ ^{making}
place of retirement for the gratification of their

toad - not less than 8 or 9 days. To
 much does this pleasure ^{disturb} ~~disturb~~ all other
 sensation, ~~that~~ in the toad, that Spalan-
 -zani tells us it continues its con-
 -nection with its female under the
 greatest tortures that can be inflicted
 upon its body, ~~even~~ ^{even} the amputation
 of its limbs, - and finally, ^{its some cases it} parts with its
 female only with its life. The female
 butterfly admits the same brains of the male & even lays
~~1330 After its head is cut off. What is it?~~
~~these facts Gent: teach us a lesson as~~
 important in morals as in science.
 - ~~to see~~ How ignoble must that life be
 which is devoted wholly to the pursuit of
 a pleasure which beasts and even
 toads enjoy in a higher degree ^{than the} of man.
 human species? man
 - ~~It~~ ~~must~~ be destined to much

Danger of committing an excess in his
indulgence of venereal pleasures - for in
this case - appetite - and excitement are
always associated together - whereas in
Venereal appetite. Important inferences might
be made from these facts in favor of the
moral responsibility of and a state of future
existence of certain ~~divine~~ animals as held
by Dr Zildrop & Dr Priestley, and as hinted
at by Dr Hartley.

then should to marry & maintain ~~they~~

toad - not less than 8 or 9 days. To
 much does this pleasure ~~constitute~~ ^{dictate} all other
 sensation, ~~that~~ in the toad, that Spalan-
 zani tells us it continues its con-
 -nection with its female under the
 greatest tortures that can be inflicted
 upon its body, ~~even~~ ^{even} the amputation
 of its limbs, - and finally, ^{in some cases it} parts with its
 female only with its life. The female
~~unhesitatingly admits the imbrues of the male & even lays~~
~~these facts out: each is a report as~~
 important in morals as in science.
 - ~~How ignoble must that life be~~
~~which is devoted wholly to the pursuit of~~
~~a pleasure which lasts and even~~
~~toads enjoy in a higher degree ^{than they} of man.~~
~~human beings? man~~
~~must be destined to much~~

P Happily for us error can do
harm in our inquiries upon
this subject, for if perfectly
known, there is not a single
useful purpose to which it could
it applied in medicine. ~~But~~ On
the contrary perhaps it is concealed
from us in order to ~~prevent~~ ^{prevent}
the knowledge of it being applied to
mischievous & immoral purposes.
run up. — — — — — more sanctity

✓ — hence the silence — the solitude, and
the secrecy with which it is conducted in
the human species, P see above.

I mentioned formerly from J Hunter
an instance of the un^{der} ^{tion} ~~tion~~ being translated
from the glands penis to the root of the penis.
M^r Jorgensen relates an ~~too~~ instance of its

more sublime enjoyments than those
which arise from the gratification of the
venereal appetite; - Otherwise he would
not have been placed in the scale of
pleasure - below the Animals which
have been mentioned. +

† I conceived these Observations upon
the venereal appetite to belong to the
Physiological history of man. We shall
find their application in the Pathology.

I enter upon an inquiry into the
Cause of Generation or of the production of
a human Being with great diffidence. I
Clouds & Darkness have long hung over
this mysterious operation of Nature.

Soon ~~after the application~~ After the applica-
-tion of the microscope to anatomical

more sublime enjoyments than those which arise from the gratification of the venereal appetite; - Otherwise he would not have been placed in the scale of pleasure - below the Animals which have been mentioned. ~~—~~

† I conceived these Observations upon the Venereal appetite to belong to the Physiological history of man. We shall find their application in the Pathology.

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~~Soon after the application of the microscope to anatomical~~

being translated to the palms of the hands in
a young man at Lyons. — He felt a burning
sensation ^{in them} at the sight of a woman, and by rubbing his
hands together he ~~was~~ ^{was} excited with a voluptuous desire. ~~scope.~~

✓ The existence of animalcules in the
seed is still admitted. They the semen is
their element, and they soon perish in
any other fluid. They have no mode of
reproducing themselves that we know
of, and they have no influence on
the semen in imparting to it its
fecundating stimulus. For this discovery
we are indebted to Spallanzani, who
has added a theory to it

purpores, the Male Semen was found
 to be full of animalcula - each of which
 was supposed to be an embryo fetus,
 - The female uterus was supposed to be the matrix
 in which this animalcule was reared & it
 nourished until it was brought forth
 a perfect child. This doctrine ~~was~~ continued to be
 taught with some variations in the schools
 of Physic for many years. The female
~~was~~ was believed by some Physiologists
 to ~~concur~~ ^{concur} by a mixture of a supposed
 female seed, - or by administering the
 female semen as the wives of the male
 seed. - It was reserved to the ^{immortal} ~~Ch~~
 Spalanzani to overturn all these hy-
 potheses of generation, and to establish
 by analogy a ^{more simple} ~~more simple~~ ^{discovery} ~~more simple~~ ^{discovery}



dissipated 763

which has a considerable portion of
the darkness which hung over this
subject. —

It appears highly probable from the
manner in which generation is carried
on in Amphibious Animals ^{upon which Spallanzani made one of his ex-} & in a little
^{experiments} ~~that the humors of the~~ ^{humors of the} ~~female~~ ^{female} ~~ovum~~ ^{ovum} ~~contains~~ ^{contains}
an embryo of a future fetus, and that
the male seed ~~acts~~ ^{acts} by impar-
-ting ~~that~~ ^{that} motion to this ovum in w^{ch}.
animal life consists. The male seed of
said ^{from Mr Hunter} ~~formerly~~ ^{acid} was of a pungent nature.
— It seems therefore to act by its stimula-
-ting power. — From this we see that
Stimulus begins, as well as supports hu-
-man life, and that ~~the~~ ~~ovum~~ the first
motion of life in man is excited by it.



In a word -

764

He is awakened from his long sleep in ^{that}
his original embryonic state, by means of ^{force},
~~which~~ which supports every subsequent part
of his ^{animal} existence. —

A question now occurs, & that is how
is the male semen brought in contact with
the female ovum? ^{The common reply} ~~is that the male semen~~
~~is~~ ^{to this} question is that the ovum is seized
in the act of coition by the firmness of the
fallopian tube and conveyed from the
ovarium thro' the tube into the uterus,
where it meets with the male seed, & is
impregnated by it. — But there are ~~4~~ solid
objections to this solution of the question.

1 a fetus has sometimes been found
in the ovaria ~~as in the~~ as also in the

V. I. know a student of Physic in Edin^g
who was called upon to marry a ~~girl~~ ^{girl to}
whom he was engaged, in consequence of
her having become suddenly pregnant, who
told me that he had never had such a
connection with her as had ~~been~~ injured the
badge of virginity - ^{a noted midwife in London} and Dr. Anderson has delam-
inated that he had ~~once~~ delivered a woman
in whom he found upon attempting to
introduce his fingers into the Vagina - the
Hymen still inviolate. - Dr. Johnson in
his midwifery relates several cases of the
same kind. - But Dr. Harvey goes further.
He mentions an instance of a mare that
~~had been ringed to prevent her breeding,~~
had been ringed to prevent her breeding,
that notwithstanding became pregnant. The
^{external} sides of the Vagina were burst by the passage
of the Colt into the world. -

fallopian tubes - 2. The uterus has
 appeared closed after coition as perfectly
 as to exclude the admission of the seed.
~~#~~ 3 impregnation has taken place
 not in cases where the semen has been
 emitted by a penis which has been reduced
 by amputation or mortification to $\frac{1}{4}$ of
 its ordinary length - nay more, it has
 taken place where it has been emitted
 only in the entrance of the Vagina - to the
 great ~~grief and shame~~ ^{grief and shame} of young people who
 have thought by these means to pre-
 vent the discovery of their ~~crime~~ ^{folly} by the
 subsequent pregnancy. ~~But~~ ^{✓ & 4} The operation
~~of the Ovary~~ ^{into the uterus} and its passage
 afterwards is generally ascribed to the

1844

1845

1846

1847

v. by lymphatics

~~lymphatics~~ which possess a
specific power of absorbing ^{into action} ~~seminally~~
and which are excited by the sensation
of pleasure connected with coition. But
~~it is in this manner that it is~~
~~in this way that it is~~

Mr In^d Winter has proposed another
thing — turn over to V.

of the vagina be absorbed ~~and by the~~
 conveyed directly to the ~~propagating~~ ^{propagating} ~~sum~~
~~propagation~~ - ~~conveyed~~ ~~with the blood~~

~~to be~~ ^{to be} conveyed by the circulation

to the brain, to act upon the female

^{= see below} ~~brain~~ - This was the opinion of

Dr. Huxley, and tho it has been rejected

by the most Physiologists, I can

see no other to be ^{equally} rational, or

plausible. - The whole map of blood

does not bear a greater proportion to the

quantity of seed ^{ordinarily} emitted in

a venereal connection, than 1 lb of water

did to three grains of the seed of the

^{in the successful experiment} ~~seed~~ mentioned by ~~Placianus~~ ^{Placianus}.

conceive further - that the ~~male~~ ^{ova in the} ~~seed in~~
 female subject are stimulated specifically

✓
 Try the male seed, and that it exerts no
 action upon any other part of the system.
 - hence no inconvenience is felt from
 it in unfruitful connections - and in those
 connections the Absorption must necessarily
 be the same as in those which prove

fruitful. ~~It~~

~~From more happens here that what~~
~~Every time it occurs~~
 happens in many poisons which after
 circulating in the blood act specifically
 upon certain parts of the body. But why
 mention the analogy of poisons? ~~It~~
 A single grain of ~~it~~ after circulating
 for several days in the system has
 excited a salivation by its specific stimu-
 lus on the salivary glands. ~~It~~

A several circumstances affect

in ~~the~~ the case of Cardialgia Spontanea.
In like manner - may not the vagina
- the uterus - & the uterine tubes be
actuated by this inverted peristaltic
motion, and thus propel the seed
into the ovaria? - ~~this theory~~ ^{this theory}
will account for the pregnancy taking
place under the unfavourable circumstances
before mentioned, but as the inverted
peristaltic motion of the ~~vagina~~ ^{vagina} ~~is~~ ^{has} ~~been~~ ^{been} ~~inferred~~ ^{inferred} only
into the ovaria - has ~~been~~ ^{been} ~~inferred~~ ^{inferred} only
from analogy, ~~the~~ ^{it is in my opinion} ~~theory~~ ^{more hypothetical than} built
upon ~~it is in my opinion~~ ^{it is in my opinion} ~~more hypothetical than~~ ^{more hypothetical than}
that first thought by ~~Dr. Harvey~~ ^{Dr. Harvey} ~~in 1650~~ ^{in 1650} ~~was~~ ^{was} ~~discovered~~ ^{discovered}

+ The ^{former} was ~~has~~ ^{was} ~~been~~ ^{been} ~~proved~~ ^{proved} in many cases,
but lately in a remarkable manner at
Port Jackson in Botany Bay where a Dr
Harris informed Dr Weyril formerly of
this University that several barren
women had become pregnant im-
mediately after their arrival in that
and bore several children.
Country & one of them was an old

prostitute of near 50 years of age.
This influence of a change of climate extends to other
originals. Dr 2nd McCondon in his history
of Hilda says that "she when first
to that island from the neighbouring

Islands always bred the year after.
wards. ^{a group of 3 women from India that would} ^{lost 2 months at warm springs of bug. by her} ^{7-9-9. one 13 yrs. all conceived afterwards.}
A sensation of pleasure is necessary to
render a sexual union fruitful, and
it is because this sensation is in a great

~~the immutability of the female system~~
 leads - the issue of a universal connection
 with respect to its becoming fruitful, -
 such as the activity of the small seed - the
^{the inversion of the constant motion}
~~of the Vagina - Uterus - & Fallopian tubes if it does, or~~
~~absorbing powers of the Lymphatic vessels~~
~~of the Vagina, - and the healthy~~
~~state of the Ovaria -~~ The two last are
 greatly influenced by a peculiar state
 of excitability in the female system - hence we
 find conception to be most certain,
 immediately before or after menstruation
 - After a fit of Scurvy & After long Ab-
 sence. ~~and~~ After the action of fresh stimuli
 upon the system by a woman's
 visiting a foreign country & ^{and after using the warm B. St.}
 No woman who the male had de-

in ~~the~~ the case of Cardialgia Spontanea.

In like manner - men not the Vasa
or perhaps totally
check destroyed, that prohibits so early have
children. This has absence of pleasure
has been acknowledged by them. ~~It~~
follows one of the ~~causes~~ of ~~excitation~~ formerly
mentioned. —

The Semen comes in contact with the

~~the irritability of the female~~

~~lead~~ - the issue of a universal connection
with respect to its becoming fruitful, -
such as the activity of the male seed, - the
^{the} inversion of the peristaltic motion
of the Vagina - uterus - & fallopian tubes if it occurs, - or
absorbing powers of the lymphatic vessels
of the Vagina - and the ~~position~~ healthy
state of the ovaria - . The two last are

greatly influenced by a peculiar state
of excitability in the ^{female} system - hence we
find conception to be most certain,
immediately before or after menstruation
- After a fit of Sickness or After long Abs.
- since - ~~and~~ After the action of fresh stimuli

upon the system by a woman's
visiting a foreign country, ^{and after using the warm Bath.}
No power does the male seed act

Ovarian. Spalanxani tried whether
a volatile principle would not have
that effect emitted from it, but to
purpose.

~~It~~ a third ~~theory~~ theory has been pro-
posed to account for Conception by Dr Haighton
and that is that it is the effect of sympathy
~~between the~~
of a specific nature. He supposes that the male seed
whether in uterus ~~or vagina~~ or vagina acts
in the same manner that certain substances
taken into the ~~body~~, however affect parts of the
body remote from it without ~~any~~ contact,
& that the stomach is affected by certain
substances applied to the skin which are
absorbed, and that do not enter into the
circulation. This opinion is ~~refuted by an~~ refuted by an
Experiment of Spafariani. He proved that
~~no impregnation took place unless the semen came~~
in contact with the Ovary. Even the vapor of

upon the female Ovary that it is torn
from the Ovarium, and conveyed gradually
by a convulsive contraction
thru the fallopian tube into the
Uterus. - The nausea - the disposition
to faint - the obstruction of the menses -
the tense pulse - the dry blood - the dry skin - high cold urine
- the pains in the loins are all the effects
of a new and powerful stimulus in ^{the} ~~the~~ ^{gen.}
part of the system. One hundred analogies
~~of similar & even greater commotions~~
in the system might be mentioned from
the action of certain local chemical &
mechanical stimuli. Besides the common
symptoms of ^{conception} ~~pregnancy~~ which have been
mentioned, I shall mention ^{several others} ~~some~~,
one of which occurred under my
own observation! A lady in this city
during what is called her breeding sickness,

~~The reason~~ ~~is~~ ~~imprignation~~
~~when applied~~ ~~upon~~ ~~that con-~~
 the whole I am disposed to believe ~~the~~ ~~absorption~~ ~~of~~ ~~seque-~~
 -caption depends upon the absorption of oxygen
 by dysphatics ~~entering directly~~ ~~indirectly~~ and the
 others being acted upon specifically by it. The theory

as she was delivered.
 6 Mrs Dumas mentions an instance of ^{madness} ~~madness~~
 of a female occurring as the first sign of
 conception & pregnancy.
 I am that he knows

Conception I presume.
Dr. Dureau informed me that he knew
a lady in whom a wish for a particular
kind of stimulant which she cannot eat
at any other time excites the certainty
of Conception.

[illegible]

U. ant. of. epidemic which attend the
first month of pregnancy. It is
used to say as to guard the system
against ^{inflammatory diseases} ~~but~~ to which it is
always predisposed from the stimulus
of the fetus more especially in its
forming state. may be relieved —

I have known two instances in this
City of Conception, be without the least
sickness during the whole course of pregnan-
cy. most of the symptoms of Conception which
have been mentioned cease after the 3^d month.
but ~~many~~ they are often followed after 4th
time by many other of a distressing nature -
~~of a distressing nature - of a distressing nature - of a distressing nature~~

781

has in two instances of pregnancy had
colic & succeeded as a
~~a patient with a growing heart~~
for an hour or two every day one or
of her legs. - ~~that she was~~
~~Dr. Harle.~~ ^{opposed to the relation} ~~in~~
a woman in New York ~~who~~ always
knew the exact time when she conceiv-
ed by feeling a sudden & unaccountable
passion to steal every thing that came
in her way. I would signify news while women
are asleep, it is sometimes discovered by the child reposing
on her side or upon the breast. How long the time is before the
conception is imprinted remains in
the obscurity or at least it takes
to pass ~~imagination~~ this the fullness -
cannot be ascertained by any
disputations that have been made. The
whole course of conception I believe

the power did not induce impregnation when applied to
the ovum. It is reported further by an experim^t
~~of Dr. Hens~~ ~~the subject of Dr. Hens~~ ~~of many land who prevented conception~~
~~in a sow by cutting off the fallopian tubes. This~~
~~sow had previously had~~ ~~physiology~~ ~~several litters of~~
~~large~~ ~~offspring~~ ~~big~~ - Upon the subject of Dr. Hens
the natural limits of life of man. This
electⁿ for a while ~~held~~ ~~all the~~ ~~honour~~
life and disease - ^{opinion} ~~it is very common~~
to ascribe to one cause that which sh^d. be
ascribed to more than one or two, also but one
effect from a cause which produces a greater
number of effects. This mode of reasoning has done
great harm in medicine. I need not mention
of sympathy has taken the place of ^{sympathetic} ~~of~~ ~~the~~ ~~human~~ ~~body~~
sympathy - galvanism in explaining the phenomena
of the human body. Even the manner in which
certain medicines operate ~~on~~ ~~the~~ ~~body~~ it has been
extended in regard to all medicine. In the name
from the influence of sympathy, in cases arising from
all, and most erroneously, perhaps to account for those
but ~~some~~ ~~of~~ ~~they~~ ~~are~~ ~~often~~ ~~followed~~ ~~after~~ ~~some~~
time by many other of a diskeeping nature -
~~Set down~~ ~~of~~ ~~the~~ ~~body~~ ~~as~~ ~~signs~~ ~~of~~ ~~pregnancy~~

has in two instances of pregnancy had
 colic & succeeded by a ~~glowing~~ glowing heat
 for an hour or two every day one or
 of her legs. — ~~Dr. Harle.~~ ^{Dr. Harle.} ~~relates~~ ^{relates}
~~that~~ ^{Dr. Harle.} ~~in England~~ ^{in England} always
 a woman in Cramp ~~is~~ ^{is} always
 know the exact time when she concei-
 ved, by feeling a sudden & unaccountable
 passion to steal every thing that came
 in her way. 3 Where pregnancy occurs while women
 give suck, it is sometimes discovered by the children refusing
 to suck, or becoming dirty & unmanageable on the breast. &
 how long the time is before the
 impregnated ovum remains in
 the ovum, or what time it takes
 to pass ~~into~~ this the full term
 cannot be ascertained by any
 dissections that have been made. The
 whole business of conception I believe

upon the ~~whole~~ & a review of all the
theories I have delivered, I am ~~no~~ have
no hesitation in admitting that con-
-ception depends upon the semen
being conveyed either directly, or ^{this the fallopian tubes}
indirectly by ^{absorption} ~~the~~ ~~means~~ ~~of the~~ ~~agglutination~~ ~~to the uterus,~~
to the ~~ova~~ ~~in the~~ ~~the~~ female ovum
in the ovum, which according to Biffarney
to possess the same sensibility to its stimulus
which the brain possesses to those
stimuli which produce sensation and
thought. — return to p. 768 A

✓ 4 Dr Dupuy mentions an instance
of women who never sweated but on
one side of her body. No sooner did
she become pregnant, than sweats app?
on both her
a case in w:
sweats on one
sign of pregnancy.

sign of pregnancy

Bides. It relates further
how the absence of
side was ~~the first~~ a

liver, tension. ^{urtigo -}
such as ^{a full & large pulse - thirst - heat} ~~liver~~ in the abdomen & pains in
the back & head ^{costiveness. hypoglossion, or}
of the ^{hemorrhage} ~~liver~~ ^{involuntary} flow of urine - jaundice ^{toothache} & now
& then swelled legs. From a careful view of
all these symptoms, I have been led to
consider the female body as in a diseased
state from the beginning of conception to
the period of delivery. The disease partakes
of many of the symptoms of fever, & is re-
lieved by the remedies used for fever from
other causes. But its effects moreover upon
the uterus are the same, as the effects of disease
^{are} when it appears in the form of inflamⁿ: ~~are~~
upon other parts of the body. It enlarges it
according to Mr Hunter to 50 times its natu-
-ral dimensions. Inflamⁿ: ^{usually} has the same
effects upon other viscera - particularly the ^{liver}
^{the} limbs & the ~~liver~~ ^{this swelling of the liver} ~~is~~ ^{is} cured by the same
remedy after Child birth, that cures other

to be performed in the Ovarium. ~~The~~
The impregnated Ovary seems to be con-
-veyed into the Uterus only to be nourish-
-ed. - The Ovarium ^{therefore} may be compared to
a hot bed, in which the first life is in-
-spired to the seed of a plant, ^{while} the Uterus
may be considered as a large green
house in which the same seed is after-
-wards transplanted and sheltered from
the weather. Until it has ^{grown to} ~~acquired~~
such a size as to bear the action of
the external ~~atmosphere~~ air upon it. -

I have hitherto called the male fluid
a Stimulus only. But it is a stimulus
of a peculiar kind. It is a secreted liquor
it is true, but it seems to be formed not
only from ~~the fluids~~ the fluids sent from

Swellings from inflammation. viz: Bloodletting.
The lochia - ~~are~~ ^{are} the blood which is gradually
discharged for this purpose. - return to 781 R

✓ The same reasons account for the
delay of the ~~formation~~ ^{evolution} of the ovaria,
& the production of the bra in females
~~at~~ until the age of puberty.

† But another solution is given of the
cause why children resemble their parents, &
that is their having them constantly before their
eyes. ~~The~~ It is certain the inhabitants of
towns villages, & whole countries have a
general resemblance to each other, & from the
above cause. But the resemblance of child?
to their parents is often perceived at birth,
before ~~they~~ ^{their} eyes or faculties are
so far opened as to know them. Bastards
are said to bear the greatest resemblance to

the solids, & not - only from the body but
the mind of ~~man~~ ^{man}, - and this I take to be
the reason why it is not formed until
the body has acquired its full growth, &
this is the reason likewise
why I formerly supposed the change ⁱⁿ of the
~~solids~~ ^{solids} to at puberty to influence the de-
-tion of the seed. ~~the mind~~

[As every part of the body at it were
clubs its proportions of matter to form the
human, it is no wonder that we find
children even like the small as well as
the female parent. no more happens
here, than what happens in many cases
of impression upon the body from other
stimuli. - ~~the~~ stroke with the open
hand on the tender flesh of a child produ-
ces as obvious marks of every finger.

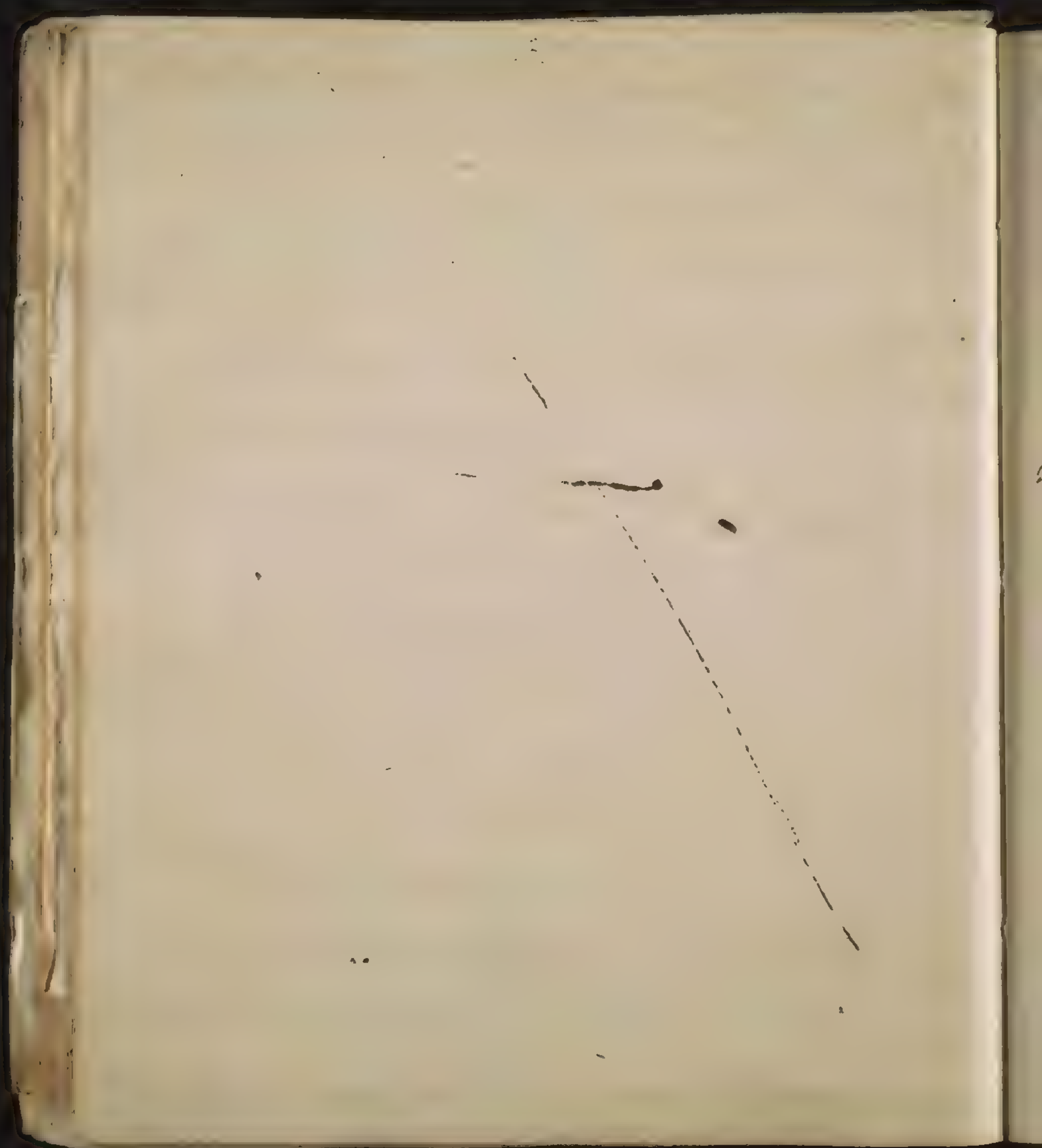
their parents, especially their fathers.]

184.

But we have an analogy in the ~~inanimate~~ ^{inanimate} world ^{that is} still more to our purpose.

Light acting upon vegetables imparts to them, all the colors which are involved in its body, in a manner no more mysterious than ^{that in which} all the parts of the male ^{which} are involved in the masculine seed are imparted to the female Ovary. —

~~Thus Gentlemen — have I passed thro' a defile — beset with obstructions ^{and} dangers of various kinds. — There are ^{three} ~~two~~ subjects in Physiology, which ^{are like} ~~are~~ the origin of power in Government & the doctrine of the Trinity in religion. ~~They are~~ ^{These subjects} ~~are the mind and generation~~ ^{have} ~~been~~ ^{viewed} at a awful distance, or ^{only} approached with timid & reverential~~



Steps. — ~~But~~ But the time for venerating
 ancient prejudices is past. Government like
 animal life has been shown to be the effect
 of the wills of a whole community, and the
~~community~~ ^{animal life} has been ~~reduced~~ ^{reduced} to
 the standard. These subjects are the human
 mind, & generation. I have ventured to
 tear the ^{veil of} ~~mystery~~ ^{from each of them} ~~and~~
 and to reduce them to a level with the
 common and known laws of matter.
 If I have not succeeded in my inquiries, ^{into the nature of each of them}
~~but~~ I have not succeeded in my inquiries, ^{laid a foundation}
 — I hope I shall have ~~inspired~~ ^{each of} some
 for your investigating them hereafter, with
 the same boldness that you would the
 common laws of matter.

I am so perfectly satisfied that
 the business of generation depends upon

V ~~Dr~~ D Camus (a French physician) has
broken the ground upon this subject. ~~It~~
~~It~~ It has long been observed that
bastards possess an uncommon portion of
mind. The Dr ascribes this to the mind of
the father being more highly excited by the
contrivance & execution of his stratagems for
the seduction of innocence, & by the mind of
the woman when pregnant, being equally
excited by contriving schemes to elude the disgrace
occasioned by her prostitution. We
shall have no difficulty in admitting
this solution of the question, if we admit
the mind to be material, or the result of
organization, ~~or~~ to club its proportion
towards the formation of a child. It has
~~It has uniformly been remarked that~~
~~that of fathers requires~~
mothers contribute more towards the

formation of genius or mind than fathers. I have
observed it in 9 out of 10 families of children, so #

V I would only observe upon the
subject of the nutrition of the fetus,
that Dr Darwin has lately revived
the old doctrine of its being carried on
by means of the liquor Amnii. He
supposes further that ^{the blood is} ~~the fetus is~~
carried to the ~~amniotic~~ fetus by the
Umbilical cord, not to nourish it,
but simply to supply its blood
with oxygen. —

true it is - "Sensus sequitur, sequitur
suum". There is scarcely a history of a
man much distinguished for talents
or virtue, that had not a sensible
or pious mother.

Upon the subjects of genius & ~~talent~~

~~in~~ in the most ample manner from
the Anatomical Chair. V

The ordinary period of pregnancy is
nine months - but to this there are
some exceptions. - Books of medicine
mention 13 ~~months~~ & 5 months as
the two extremes of natural ~~pregnancy~~ pregnancy.

Dr Harvey records several cases of Un-
equivocal births at the end of six
months in which the children have
survived their native weakness. It is
of consequence to know these facts, as
by this means
we may in some instances preserve the

peace of families & even the Order of
Society. ^{Dr Harvey} mentions a case of a ^{child} born
in the 5th month, that lived to be 12 years old. -
The history of extrauterine con-
ceptions, also of superfetation belongs.

788
to pathology. — ✓

At the close of natural pregnancy, the fetus makes efforts to escape from its place of confinement by altering the ^{reasons} direction of its head. many ~~causes~~ have been ^{given} ~~described~~ for the commencement of childbirth. One of them certainly is the efforts of the child to open a passage ^{throes} for itself into the air. Perhaps the ~~throes~~ of the mother are produced only by the irritation of the head of the child upon the mouth of the womb. These throes are connected with such extreme pain as sometimes to induce syncope & death. ~~For certain relations of the uterus to the mother's body~~ A certain degree of pain is supposed to be necessary.

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connected with childbearing. It is
 true - it was the ~~curse pronounced~~ ^{curse pronounced} ~~upon the~~
 upon the first female progenitor of the
 human race, After she had discovered
 her Makes, but it is equally true,
 that man was condemned, ^{for the same offence} to earn his
 bread with the sweat of his brow, and
 yet many thousands of the human
 race from the efforts of human ingenuity,
 or from the natural fertility of some
 countries, live without labor, and of
 course escape the curse pronounced upon
 our male progenitor. I do not think
 there is an unchangeable & necessary
 connection between poverty & childbearing.
 In some countries in Africa, ^{& South America,} there

✓ The Turkish women take sweet oil
for some months before delivery to lessen
the pains of Childbearing. It can act only
~~as~~ by inducing debility as an evacuant.
A Len discharges her egg with signs of pleasure.

travellers tell us that women bring
 forth children without pain. Brydone
 says that ~~the women in~~ the women in
 Sicily suffer scarcely any pain in
 childbearing, and a man midwife of
 extensive experience from St. Kitts
 informed me that the women in
 the West Indies bring forth children
 with much less pain ~~as~~ than is felt
 by the women of more Northern Coun-
 tries. — I have ~~so~~ frequently observed
 the pains of ~~childbearing~~ ^{much mitigated}
 childbearing to be ~~reduced~~
 by bloodletting a few days before
 delivery, & I have uniformly observed
 delicate & sickly women to have the
 easiest labors. — Do not these facts

V These gentlemen were my opinions
this cautiously delivered ~~in the year 1795~~
~~in the year 1795~~ But I no longer ~~at~~ deliver them
as conjectures. From my own observations
and from the experience of many prac-
titioners of midwifery, I am now satisfied
that the pains of parturition are as
much a disease as a pleurisy & Colic,
& that ^{they are} ~~to~~ to be relieved by the same
remedies ~~to remove this case & pain from~~
all these other causes. ^{The chief of these is =} I shall mention
those Remedies hereafter. In the mean
while you may see the facts I have
collected, & my reasonings upon this
subject in ^{a number of} the Medical Repository pub-
lished in Aug^r 1801. ~~transferred to D~~
Bloodletting. ¹²⁷⁹³
~~the~~ ^{the} ~~delight of~~ ^{delight of} ~~attribution~~ ^{attribution}
and thus relaxes the system, so to favour

suggest to us that it is as possible
 by the efforts of human genius to
 alleviate the ~~curse~~ ^{pains of childbearing} inflicted upon
 women, as it has been for human
 industry to obviate ~~the~~ by agriculture
 the curse inflicted upon the earth.
 = Bloodletting. ~~The ~~curse~~ efficacy has~~
~~It was introduced into this City & it~~
~~was established not only~~
~~by Dr. Dymock of the City. Long before it was~~
~~known in this country Dr. Dymock told that it was~~
~~to the knowledge of Dr. Dymock by Dr. Hamilton~~
 of Genoa. ~~is it~~ is it prescribed even the midwives in
 Bray of Leghorn from whom I rec^d the information
 from the peculiar dysreg^s of the air & the inflam^y
 type of all the diseases of that city. The
 discovery of this remedy to use the words of
 the "Shippen" marks an ~~era~~ in the
 history of midwifery.

paralytic, but the same effects have been
produced by large doses of opium, - by the

convulsions of Epilepsy, & lastly by a fit
of Drunkenness. All these act by inducing
such a degree of ^{Dyspnoea} ~~indirect~~ debility as to
suspend sensibility, ~~with~~ but without
impairing ^{the} Irritability, or the power of
motions in ~~the fibres~~ those parts of
the body which exclude the fates. Per-
haps they encrease them. You may
find my opinions & reasonings ^{on this subject} ~~at length~~ ^{supported by many} ~~in the 4th vol.~~ ^{to} 12:793
more facts than I have mentioned, in the Medical
Repository of New York for Aug 1801. ^{in the 4th vol.} ~~trans over to~~
of my Inquiries. (A) 12:743 O

pain altogether, and thereby repeal
the curse inflicted upon woman
after her fall from innocence in
the garden of Eden. These are important

It would be an act of ingratitude to deny
 Subject of Generation without acknowledging
 our obligations to ~~the illustrious~~ Dr
 Harvey for the light he has shed upon it
 by his numerous experiments & observations.
 To this illustrious physician we are indebted
 for dissipating a great portion of the darkness
 in which the indolence & ignorance of Ages, shrouded
 by the errors of Galen & Aristotle had involved
 this Subject. The words of a contemporary poet
~~inferior to the illustrious~~ physician
 shall supply the place of an eulogium upon
 him upon this occasion.

"Live modern wonder! & be read alone.

"Thy brain hath issue, tho' thy loins have none.

"Let fruit Reception, be tho' Vulgar care,

"Great Generations Self, is now thy heir.



put upon this subject. A lady Mrs Hall
who had been subject to epileptic fits,
was delivered in one of them. Upon
her recovery from her fits, she declared
she had felt no pain, and was much
astonished to see a child ^{that had been} taken from
her lying by her side.

O. There is but one question connected with
the history of the letters in these states. I shall
take notice of in this place. & that is the
origin of marks upon children. They have
been ascribed to the imagination - but this
is unphilosophical. mention 2^d printer and
M. Lamar's fact. The system more plethoric in
pregnancy! but at any other time - & such
effusions as favor marks ^{are} more apt to
take place than than in any other state
of the system & where ^{there are contraindications to the} system
to p. 792 &
letter.

natural & ~~artificial~~ 793

The analysis of the ~~solids & fluids~~ of
the body has been ^{giving} ~~taught~~ ^{off} already
in speaking of the blood, & of the
secretions & excretions. It will be
improper to speak of the artificial
analysis of the fluids or solids. Until
we have got to and the effects of disease
& death upon them in our pathology.

We have thus agreeably to our
syllabus taken a view of the functions
of the human body and of the faculties
& operations of the human mind. In
these functions ^{of the body} and
the easy and pleasant action of ~~these~~
faculties of the mind,
consists that inestimable blessing we
call Health. ~~Consists~~ or in other
words, ~~in~~ Health is that state of the

Before we take leave of the human body in its health state; it will be necessary to take notice of two opinions that have prevailed in relation to the means of preserving health and it in this state for ever, or for a number of years far beyond ~~the~~ the present duration of human life. The probability of producing perpetual existence in our world ~~by~~ has been held by some writers. Dr. Price once thought it possible. ~~Certain, improvements in~~ ^{Certain, improvements in} ~~philosophy~~ ^{philosophy} were to be the means of producing this earthly immortality. I need not spend a moment in exposing the error of this opinion. ~~I would as soon say~~ "Dost thou art a Christian? Shall thou be saved?" is ~~as~~ ^{the} ~~unnecessary~~ ^{unnecessary} ~~to~~ ^{from} which there can be no special ~~inference~~ ^{inference} implied upon man from which there can be no inference. Death is the ~~natural~~ ^{natural} we live by force,

System in which ~~the~~ its excitement,
 & excitability, are in an exact ratio to
 each other, and both equally diffused
 thro' every part of the body & mind. This
 definition of health admits of a considerable
 latitude - It excludes strength as an in-
 -gradient in health. - A ^{effeminate} ~~effeminate~~ man who
 cannot bear the ^{action} heat of the sun for a
 single hour upon his body, and a
~~degenerate~~ peasant who can work a whole
 summer ~~without~~ ~~without~~ exposed to its
 burning rays without inconvenience,
 may both be in equally good health,
 - for in both, the excitement & excitab?
 of their systems are in an exact ratio
 to each other. ~~for the present~~
 Here - then ^{Gent.} we ~~quite~~ ~~quite~~

Death is our natural state. ^A ~~But~~ ^{Opinion} ~~is~~ ^{was} ~~held~~ ^{by} ~~the~~ ^{ancient} ~~philosophers~~ ^{such as were deluded by the} ~~and~~ ^{the} ~~alchemists~~ ^{is that} ~~have thought~~ it possible to, 'protract life to
the Antihuman Age, by certain medicines
or modes of living. Paracelsus ~~was~~ ^{is} ~~the~~ ^{the} father of this Opinion. ~~He invented~~
~~many medicines~~ The liquor called *Ser-*
proprietatis derives its name from its
being supposed to possess a power to prolong
life. ^{Remedies} ~~many medicines~~ ^{usually} ~~found~~ ^{about} have
been recommended for that purpose, such
as Oil in the Spring of the year, & the
transfusion of the blood of young animals
into old ones, ~~and~~ They have both been
tried often, but without effect. The
~~latter~~ ~~was~~ ^{former} was practiced, & is
still popular in Germany, - the other
was tried above a Century ago in

last pleasant view of the body of man.

we have beheld him with his form erect,
his face ruddy, - his eyes sparkling with
health, - his bones full of marrow, - his
muscles filled with blood, - ^{all} his senses in
perfect unison with external & internal
impressions, - and his body in unison w.
every faculty of his mind. ~~He is the~~

~~only one of a race of men in every different~~

~~situation~~ . . . In a retrospect of this
curious and beautiful object

~~Subject which we have contemplated~~ I feel as if
I were gazing for the last time upon a

splendid & venerable palace, which was

destined to speedy destruction by the hand of
time or

war, for hereafter we must consider the

France where it was laid aside in con-
-sequence of its producing insanity ~~but it has~~ ^{been} ~~used~~ ^{been} occasionally with more success than either of the two
I still believe it possible for man to
enjoy that have been named, but without the effect ~~of~~ ^{from} it,
attains to a much greater age than is
now common in the world. ~~perhaps to~~
~~the Antediluvian age.~~ The efforts of the
in removing
by ~~the~~ ^{the} ~~removal~~ ^{removal} of the teeth, and the eyesight,
~~the occasional return of the menses in old women,~~ a
clearly prove the body to possess secret
or latent mass of excitement. This
may be called birth, & the present stock
used ^{with so much} ~~and~~ ^{economically} in a future
and happier state of human affairs, ~~the~~
and thereby life be protracted as to produce
something like the Antediluvian age. The
means for this purpose will be physical
Revelation favours this opinion. One
of the ~~prophets~~ ^{prophets} ~~expressly~~ alludes to

795

body and mind of man as exposed from
a thousand remote & exciting causes to
pain, - disease, - deformity & death. To enu-
merate these causes, and to explain the
nature of those morbid & distressing pheno-
mena which are produced by ~~by~~ them is
the business of Pathology, and this ~~is the~~
~~will succeed a few remarks upon~~ ^{will succeed a few remarks upon} ~~is the~~
~~parts of a~~ ^{is the} ~~will succeed a few remarks upon~~
Hygiene - or the means of preserving health.

go to p: 589 789

~~The same fate has awaited all the boasted
means of eluding ~~death~~ the depth. Live says
a celebrated French writer (M. Alibert) is as ~~as~~
eternal in performing the business of destruction,
as Nature is in the business of ^{creation} ~~destruction~~
nor can an anchor ever be cast into the river
of life so as to arrest for a moment our passage
down its everflowing stream. The common~~

it when he says ~~man shall plant vineyards,~~
~~and eat the fruit of them~~ a man shall
die a boy at a 100 years old - that is, ~~his~~
his 100th year shall be compared with the
age to which even shall then attain, the
same as ^{the} 10th year now ~~is~~ compared with
the present duration of human life.

~~The means of producing this longevity~~
will be physical - rational, & moral.
The changes in the earth by cultivation
will dry up all the present sources of
putrid exhalation, - while reason &
religion shall teach men to avoid all
the ^{remote & exciting} ~~causes~~ causes of disease from
heat, cold - errors in diet & dress, and the
unhealthy influence of the passions upon
the body and sense. ~~return to 1749.~~

duration of human life is from 70 to 100.

- But very few attain to the former of those periods. ^{all who are born} ~~the human race~~ die ~~before they~~ under puberty, & according to some calculations before they attain to the 8th year of life. Altho'

I do not believe in the efficacy of any of the means that have been proposed for ~~rendering~~ ^{physical} life immortal, yet I have no doubt of ~~the efficacy of~~ the possibility of not only ~~preventing~~ ~~prolonging~~ premature death, but of rendering the old age the ^{principal} outlet of human life. ~~the~~ The means for this purpose have been called unnatural - they

consist in ~~the~~ the regulation of Aliment.

^{Air} - Dress - exercise - the faculties of

the mind & the exertions in such a manner as to ~~prevent~~ ^{secure} perpetuity of Health.

[This ²⁹⁷ part of the institutes of medicine has
~~much has been written upon this subject~~
~~but to little has been called~~ Hygieia. Much
has been written upon it in all ages & in
all countries, ~~not only in~~ even the poets
have added their labors to those of philosophers
& physicians upon this subject.] Even
a want of attention to the relative circum-
stances which influence the ~~influence of~~
diet - air &c upon the body & mind, there
~~has been~~ much error, and that of a
mischievous nature has been published
believed in the world. These relative cir-
-stances are 1 Climate, ~~very~~ ^{very} ~~different~~ ^{different}.
2 Different degrees of civilization. Very
different kind of aliment, & very differently
prepared - also very different ~~positions~~

✓ 5 The assimilating power of man to
circumstances, wth that offensive things
become not only overpowering, but
agreeable from repetition from one
of the laws of habit —

different degrees of exercise - temperature
 of Air ~~is~~ ^{are} ~~an~~ ^{are} proper in all the grades of
 society from that of the savage to the highest
 degrees of civilization. The same thing may
 be said of 3^d ^{by} employments. A farmer - a
 soldier & a sailor require a different mode
 of life from a ~~mercile~~ person who lives
 in the enjoyment of the luxuries of a city
 life. 4 Persons of different ages & of the two
 sexes, and lastly the Variety of ^{dispositions or} ~~temperaments~~
 have been called
 all require ~~a~~ a considerable latitude
 in the use of the means for preserving
 health. I shall confine the remarks I
 am about to ~~be~~ deliver to the citizens
 of ~~the United~~ our own country. You
 all know the nature of our climate

I cannot take leave of this part of
our course without ~~calling~~ calling
upon you to collect the difficulty
I found in answering a question pro-
posed to me by many of you [&] that
was what book you should read
upon Physiology. You will now
perceive that the system I have taught
is ~~not to be found in Brooks~~ the differ-
ence ~~is not to be found in Brooks~~ in all its form all the systems that
ever have been published. ~~It is ancient~~
The Doctrine of Animal ^{life} which I have
~~described~~, ~~informs~~ has animalised nearly every
function which I have described. ~~At~~
The new ~~theories~~ explanations I have
given of ~~the~~ many of the operations

and the degrees of civilization & the com-
-plications of our literatures. Where they
differ in age, it will be easy to apply ~~the~~
^{our} general principles to each of them.

I shall begin with a list, &
^{& drink & they}
~~conveniently~~ enumerate its kinds, the best
 modes of preparing them & the properties
 & manner of using them. 90 to 2 1/5
 5585 X

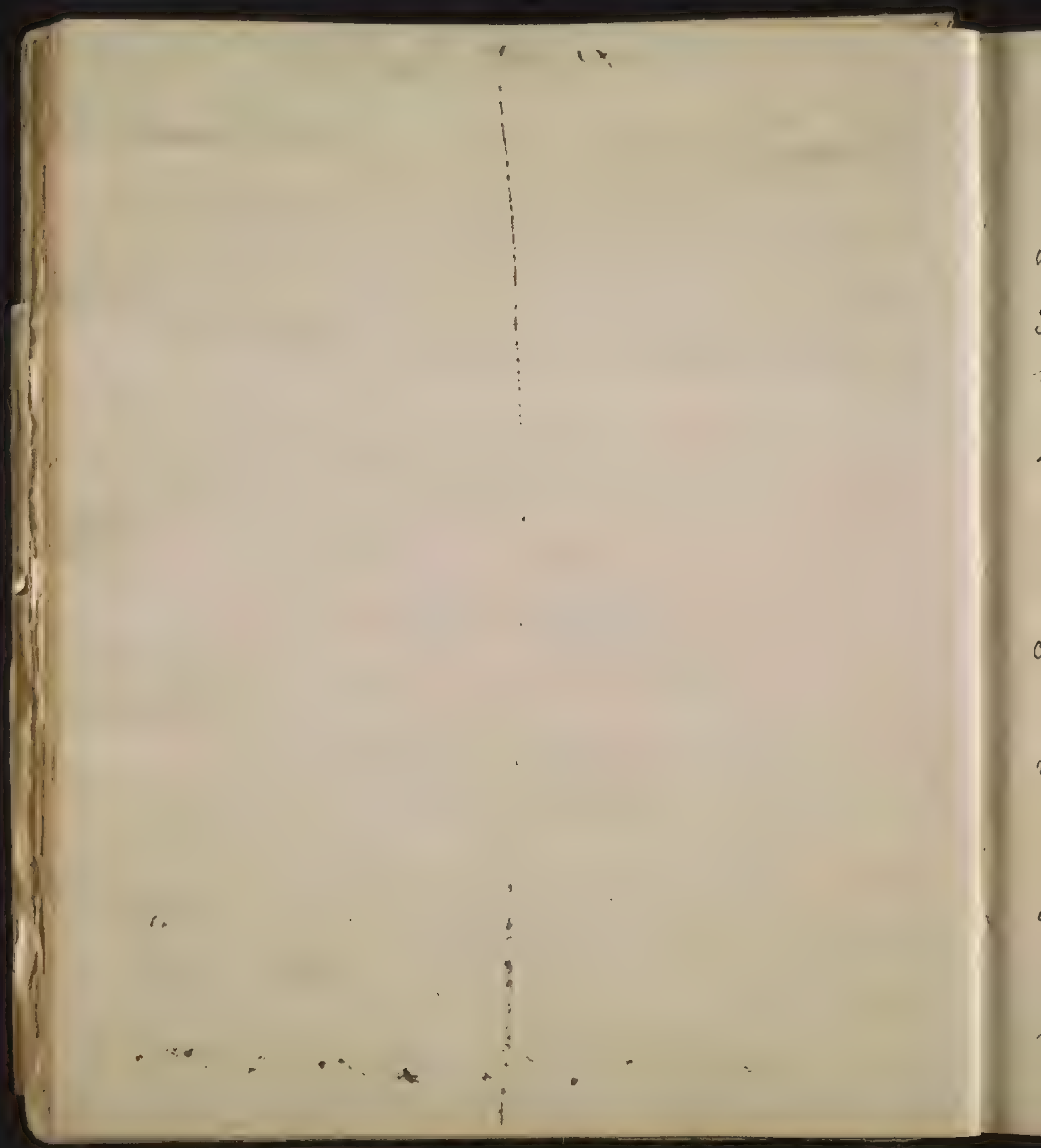
Having thus treated of the elements &
Drinks as far as they contribute to health
& longevity, I ~~now~~ ^{shall} proceed to make a few remarks
upon the other ~~ex~~ circumstances which
are united with the same objects, but they
2 of ~~the~~ ^{the} nature of the relative effects of air
upon the body. I shall speak in our
living in our houses &c

of the mind & of the ~~same~~ ^{Opentum} Offices of
the Spleen, Liver, & Lymphatics, ^{also of the sympathies} have
of the different systems with each other, —
added still further to the diversity of
my ~~opportunity~~ ^{System of Physiology} from those which are
to be found in books, & that are taught
in other Universities. I do not say my
~~or previous upon these functions of these parts~~
they are true — but I will say I
believe them ^{to be true} and that ^{they} ^{completely} have revolutionized
my principles of practice in pathology
— Therapeutics & the practice of medicine.
— As several of the Gent: who composed
this class did not hear ^{the} ~~very~~ lectures upon
Animent life, I shall deliver a summary
of them in a few words —

from low: place 800 book de — next
year 1806 ^{as they} ~~Pathology~~ ^{under} will all come in ~~with~~ ^{under}

~~the~~ ~~cross~~ ~~Pathology~~, I shall defer treating
of the effects of air upon the body
~~upon the~~ ~~ill~~ ~~come~~ ~~to~~ ~~that~~ ~~part~~ ~~of~~
~~Pathology~~
~~over~~ ~~to~~ ~~be~~ ~~done~~. — ~~galap 493~~ ~~Q~~

3 Preps. ~~For~~ all that is necessary under
this head may be summed up in a few
words. 1. Rather to exceed in warmth. 2. To
change it ~~in~~ not with the season — but with
the weather should it be every day, or
two or three times ^{same} in the day. new comers
are most affected ^{in the diseases} ~~is~~ ~~over~~ ~~impaired~~ by not
attending to this practice, particularly in
not guarding against cold in the evenings
of our animal months. ~~is~~ ~~for~~ cold
in all countries is the greatest enemy of

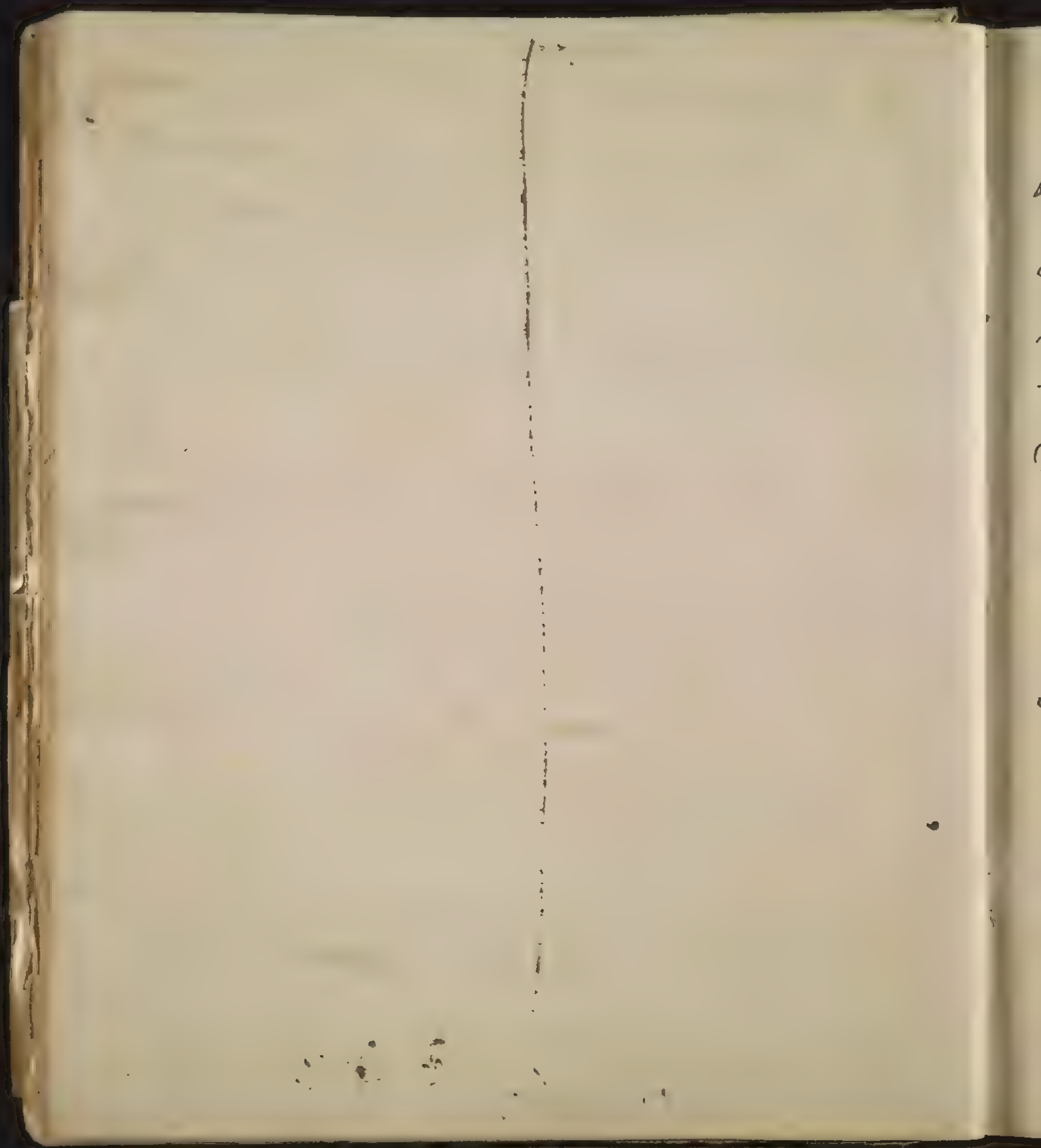


the health of life of man. The same remark
 applies to bed clothes, as to dress. They should be
 accommodated to the changes in the weather.
 3 Cloths when wetted should never be suffered
 to dry upon the body. Few constitutions are
 strong enough to resist disease from this cause.
 4 The feet should be protected with double
 care from the cold. Leather is a conductor
 of heat, for which reason, shoes ~~at~~ and
 boots should be covered with woolen in
 very cold weather, & cork soles should protect
 the feet from ~~both~~ the effects of wet weather.
 5 Woolen cloathing has been found to
 be most healthy when worn next to
 the skin. Linen & cotton may be
 worn above it. The reverse of what

✓ In Great Britain there is a law com-
-pelling ^{the friends of} every person who dies ^{to} ~~to be~~ buried
there in Hamanel. It would be much
wiser to compel the living to wear the
Hamanel, and to bury their dead in Hamanel.

is ~~used~~ practiced in our country. ^{aying}
 of our the British Act of Parliament for
 burying in flannel. ~~the~~ Tropical
 diseases have greatly diminished in the
 West Indies, since the general use of flannel
 next to the skin in dress - for in no part
 of the world is it of more consequence to
 guard against cold than in hot countries.
 I merely say it is the existing cause of nearly
 all tropical diseases.

The cold Bath ~~has~~ was formerly in general
 use as a preservative of health. It is too violent
 for civilized constitutions. The Bath was
Bath is much better. It washes off dirt
 from the skin, & thus prevents cutaneous
 diseases & even fevers. It moreover forti-
 fies the body against the effects of heat.



Labor or a substitute for it in exercise
 are necessary to health. The following ^{things} ~~remarks~~
 sh^d be attended to in the use of both. 1st
 should never be excessive, and should be dis-
 -tinguished from ~~as soon as~~ before it induces fatigue.
 2 It should never be ^{undertaken} ~~performed~~ before breakfast,
 or before taking aliment of some kind in
 the morning - nor soon after a full
 meal - nor after night.
 3 It should be performed in the open air,
~~the confined situation~~ "Vitam sedulo agat"
 said the poet. Longest lived tradesmen
 in Philad^a Importers who work in the
 open air. Perspiration is increased by
 labor & this in a close room becomes
 a source of weakness or disease. -
 Every part of the body should be exercised,

5 ~~kind~~ Long shore men sailors suffer least from
labor when they perform it with their
shirts off ^{in hot weather} it favours the escape of perspi-
-ration sweat and thus cools the body.

The kinds of exercise most commonly
resorted to for the preservation of health
are walking and riding either in a carri-
-age or horseback. The latter should be
preferred. ~~the~~ To enjoy the benefit of this
exercise constantly it will be necessary
to attend to the health of the noble animal
to ~~which~~ whose strength & gentleness we
are indebted for it. For this purpose I shall
deliver a few directions for the management
of a horse that is used for pleasure or business.
- These directions will I hope be useful.
They will serve to illustrate some of our
Physiological principles; - they will enable

804
especially the ~~animo~~ ⁸⁰⁴ which have a great
influence on the breast. V

The ^{rational} faculties of the mind require exercise
to keep them in health. They impart health
like wise to the body. Hence it has been said
studious men have been often too long
lived than other people under equal circum-
stances. They to be healthy should in the
1st place be alternated with labor & exercise.
2 ~~It should be~~ and variety. 2 The Objects of it
should be occasionally varied. 3 ~~It should~~
~~be~~ the morning hours are most
favorable to it. 4 It should be avoided
after a full meal, and after 10 o'clock
at night. ^{when practicable} Gibbons' prelate.
~~at night~~ the system becomes purish
after night, & is overstimulated by study.

V To this head belongs the government
of the passions. Health & long life depend

~~use whose hints~~
= to procure the best ~~whom you see~~
who is to ~~conserve~~ ^{health & prolong the}
life of the ~~best~~ ^{best} ~~whom that is without~~
whom you will be unable to exercise
your profession, and lastly ~~we shall~~ ^{they will be}
~~enable you to be useful to your neighbors~~

Obligations. The Dissections I shall

Deliver are derived from, observations
and from the ~~francs~~ - I presume

but if necessity imposes study after night, let
it never be in a small or close room. The
Air from Candles & lamps is rendered unhealthy,
and seldom fruits of inducing disease. ✓

Sleep to be healthy. should never exceed $\frac{7}{8}$
of hours. Many men have lived long, & en-
joyed good health on much less. Early rising
and longevity have generally been connected.
Lord Anson's remark. ~~that~~ The in-
tervals between morning & evening is too long
for old people to bear an erect, or even
sitting posture, ~~with~~ & still less study, or business
without a nap in the middle of the day.
It should be taken after a full meal only
in a Chair with the head erect. The collar
and tight ligatures should be removed before
sleep in the night daytime, for the muscles
never on Bath - on sides after
- rest.

whose early events gave them the
best opportunities of acquiring this
kind of knowledge. —

805. 2

507.
Sleep
✓ & should be on mattress in sum-
-mer & feather bed in winter. Large
beds best in both seasons - ^{coolest} ~~warmest~~ in
summer & warmest in winter. Feather
or cedar down coverings to be preferred to
Blankets in winter. ~~Light~~ ^{more}
warmth ^{the} less weight, and they
are particularly useful to invalids, espe-
-cially to Consumption patients.

swell in the legs, and thus give pain, or create
 obstructions. ~~The feet should be placed in a~~
 The feet should be placed horizontally in when
 the legs is raised in a sitting posture, or they
 will soon become anasarca. Often the
 cause of Dropsy in old people. ~~It is~~
~~unwise~~ to be unhealthily to sleep soon after a
 hearty Supper. Two or three hours at least
 should pass away before bedtime. See the
 effects of the contrary practice in Philad^a in
 med: Surg: vol: 4: ~~the~~ ^v I cannot dismiss
 the subject of Sleep, without taking notice of
 an opinion held by the late Dr Cordocet
 upon the it. He supposed it to be Disease,
 and in that philosophy would one day
~~teach every man~~ cure it, and enable
 us to live without it. This is fair

Understanding elevated &
✓ the moral faults to ~~its~~ ^{these} ~~these~~ ^{this},
preeminent seat in the mind, and thus
prevents disease and vice. But for home
I fear we ~~the~~ be the most miserable beings
in the world." says Gant.

from being true, that Sleep is a remedy
for the predisposition to disease. It equalizes
clinical removes debility ~~to equalizes~~ ex-
- destroys dangerous associations of ideas - restores
- rational, and ~~the power to direct~~
~~the mind~~ ~~the power to direct~~

much better philosophers than Cordova
upon this subject. — " ~~The~~ ~~Man~~
~~cord~~ of the former after enumerating
its benefits to the body & mind ~~concluding~~
pronounces a sleeping upon the man that
first invented it? The words of the British
poet are still more to our purpose.

" Sleep, that knits up, the ravelled Sleeve of
care.

" ~~The death of~~ — Sore labour's bath.

" Balm of trust minds, great Nature's second
course ~~return to~~ ~~2793~~
chief nourisher, in life's - feast. n

V 1 In Spite of all the Advantages we
derive from regularity in Diet - Drinks
Sleep - exercise - Hardy &c - the ^{advice} ~~remark~~
of Celsus is strictly true - that is -
"to avoid loose habits of any kind". In
our intercourse with the world in the
ordinary ~~to~~ business of life, we are often
obliged to depart from the regularity &
order of our own fire sides. ~~but~~ Now when
we so - we run the risk of contracting a dis-
-ease. Hence it will be useful now and
then to break through a good habit - to
prevent our suffering from the ^{unavoidable} trans-
-grefs of it in ~~case~~ travelling or in com-
-pany. I have known men to suffer
very much from eating a Supper,

I shall ^{conclude this} ~~now say~~ ~~at this point~~ by
^{a few} remarks, each of ^{which} have been the
result of my own observations. V

2 Longevity ~~is~~ I have observed longevity to
be hereditary. ~~in~~ ~~as~~ long lived ancestors have
long lived children of ~~their~~ (often's paribus)
than persons who do not attain to great
age.

3 I have observed that health & longevity
are very much connected wth temperance
in every thing or upon a due regard to
diet. ~~It is in~~ ^{It is in} early life. ~~The~~ ~~at this~~
middle life we usually expiate by sickness
& or death, the follies ~~of~~ of our youth.

The Spanish proverb is a truly wise.

from drinking tea, ~~from~~ ^{or} drinking ~~some~~
sitting up an hour or two later than
usual, that would not ^{have} been in the
least inconvenienced by any of them,
had they ever & there ~~indeed~~ ^{conformed to} ~~reposed~~
~~into~~ those acts in their own family. —
~~However much~~
Invalids ~~often~~ require strictness in their
habits — even in good health ~~often~~ become
offensive by them, and when they are
compelled by accident or necessity to depart
from them — often contract thereby
lasting diseases. —

& to forbid, occasional ^{moderate} ~~for~~ ~~placation~~ indulgence
at the festive board. The late Dr Coghlin belonged
to a Club in Dublin that met every fortnight
at which he always drank a glass ^{of wine} or two
extraordinary. The day afterwards he enjoyed

"If we wish to be young, when you
are old, be old ~~that is - prudent,~~
~~wise & frugal of your health~~ when
you are young." Economy ~~to~~ ^{in youth} in the
expenditure of strength, has the same
influence upon health in rendering old
age comfortable, that Economy in
the expenditure of money, has in early
life in rendering old age wealthy, &
independent. This remark is not intended ✓

4 & I have never known an instance
of old age where persons have been much
afflicted with stomach complaints:
The remark is connected with the forego-
ing, for intemperance in eating whe-
ther

annual health & spirits! - Drawn forth ^{from} by the
latent ~~for~~ resources of his constitution. A
fit of Sickness often has the same effect in
bringing forth latent strength, & thus prolonging
life. I have seen old age protracted by it ^{for} many years,
for few men die of exhausted strength -

V ~~to the body~~ what the Conscience is
~~the mind~~ ^{offended} No man can ~~disobey~~
to it ~~for long~~ for any length of time
with impunity. It is the Conscience of
the body, ~~and~~ Its dictates should therefore
be listened to & obeyed with as much
~~attention~~ & circumspection, as we are
taught to obey the dictates of conscience
in ~~preserving~~ preserving the moral
health & happiness of our minds.
Return to 0 793 -

its relate to quantity, or improper food
or drinks - also ^{to} ~~study~~ ^{passions of the mind} - be all cut priors.
only upon the stomach. If you wish therefore
to enjoy health & long life, ~~be to~~ avoid
~~offending your stomach~~ ^{putting} this regulator
out of order.

of the animal machine, quarrel with
your family - quarrel with your neighbours - nay, with
the whole world; ~~but~~ rather
quarrel
than with your stomachs.. ~~they are~~
Return to Q 793.

1810. finished Physiology Decem. 3.rd

